

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** YWCA Duluth: Duluth, MN

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**Goal:** To provide necessary services, pre-natal/post-partum case management, housing, education, referral, advocacy, and etc in Duluth and surrounding areas.

**For the period/quarter:** June 20, 2016- September 2016/Quarter 1

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Recruit, hire, and train 'Case Manager II' position. Provide training and support to grant funded staff. Attend Grantee Meetings. Complete all required grant reporting and data collection.		Job description was developed and approved by Union representatives for the Case Manager II position. We recruited and hired qualified candidate to fill position. Training for new position is on-going; in addition, program staff continues to receive training and professional development opportunities. Evaluation plan was submitted and approved, and final reporting for last grant was completed.	
<b>Outreach</b>	Maintain program waiting list and provide any needed assistance or advocacy to women on the list. Provide on-going community education opportunities for women not in residential program, maintain visibility in the community, collaborate with community service providers, and expand outreach and advocacy services to women that utilize the		Program staff provides advocacy and assistance with basic need items for women and infants on residential program wait list. Daily programming has been opened up to all PA clients, instead of only women participating in residential program. On-going collaborations and relationship building with medical practitioners, doulas, housing agencies, Head Start, etc continues to assist program in building capacity.  Outreach has begun to expand to eligible women in the YWCA Early Childhood Education Center.	

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	YWCA Early Childhood Education Center.			
<b>Car Seat Program</b>	Provide car seat education; provide car seats for women.	5	Seven program participants received 'Car Seat Safety' training by state certified instructor.  One participant received 'Car Seat Safety' training by a state certified instructor <b>and</b> received a car seat.	7  1
<b>Case Management Services</b>	Residents of the Young Mother's Program will meet with Housing Case Manager weekly to work on Independent Living Skills Plans, goal setting, assessments, resource, referrals and advocacy services.	21	Eight residential program clients participated in weekly case management meetings to create Independent Living Skills Plans (ILSP), update ILSP's, address barriers to goal reaching, and success planning.  Case Manager also acts as a model/mentor for what healthy relationships are. This assists is positive boundary setting, effective communication, and relationship building.	104
<b>Case Management – Prenatal/Post-partum</b>	Young Mother's Program residents, former residents, wait list participants, and eligible women utilizing the YWCA Early Childhood Education Center, meet with Case Manager II (bi-weekly). Assistance/support attending pre-natal appointments, birth plans, pre-natal education, post-partum meetings.	40	Nine clients completed the intake process with Case Manager II and received weekly case management services. Case Manager II is providing pre-natal education & programming, as well as, post partum support for new moms.  This quarter, Case Manager II met with clients on a weekly basis to build relationships and assess needs of case load. In Quarter 2, this will move to bi-weekly and outreach will increase size of case load.	40

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<b>Childcare</b>	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances.	5	Provided ten clients with advocacy & assistance enrolling child or maintaining enrollment in Early Childhood Education Program and Head Start.	10
			Provided 5 clients with emergency childcare assistance.	5
<b>Crib Distribution/ Sleep Safety Education</b>	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	<p>Ten clients received sleep safety education (outreach + residential clients) only.</p> <p>One client received sleep safety education <b>in addition</b> she received a pack and play for her infant.</p>	<p>10</p> <p>1</p>
<b>Education Assistance</b>	Provide daily tutoring services; provide education planning assistance; provide assistance with completing grant/scholarship forms; provide assistance with college visits and tours.	5	Four clients received tutoring services. Tutoring groups are held on a weekly basis. Case Manager supports students through relationships with teachers, administration, and weekly attendance checking.	4
<b>Employment Assistance</b>	Provide pack and plays; provide sleep safety education to all housing program participants and offer quarterly sleep safety education to outreach participants.	5	Six clients received employment assistance. Employment assistance included; resume creating, mock interviews, and working with local employment and training program as both a training site and to get clients placed in jobs.	6

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<b>Financial Assistance</b>	Provide help & advocacy with financial assistance application process; provide financial assistance for basic needs.	5	<p>Provided eight clients with assistance filling out application for MFIP (Minnesota Family Investment Program) and completing monthly household income reporting, to maintain compliance with program.</p> <p>Provided 5 clients with assistance with basic need items.</p>	<p>8</p> <p>5</p>
<b>Housing Assistance</b>	Women develop a plan that includes how they will support an apartment financially, what to do if they have a poor renter's history, credit counseling, and how to access other resources. Program manages and maintains 7 efficiency apartments and operates as 'Supportive Housing' program for women (ages 16-21) and children (birth-5). Collaborates with local HRA (Housing Authority) to provide access to affordable housing upon completion of program.	5	<p>Continue to manage and maintain 7 efficiency apartments, in addition, collaborate with the Duluth HRA on client preference list and intake process. Housing program also participates in the Affordable Housing Coalition and works with community housing providers to obtain safe and affordable housing for residents as they transition out of program.</p> <p>Also worked with outreach clients on completing applications for Public Housing and Section 8.</p>	7
<b>Life-Skills Education Program</b>	Provide all participants in residential program with Ansell-Casey Life Skills Assessment. Work with individuals to create Independent Living Skills Plan and goal setting, based off of needs gathered in assessment (housing, parenting, healthy support systems, health & wellness, transportation,	42	Seven clients participated in life skill programming 2x per week. Programming focused on areas addressed in Ansell-Casey Life Skills Assessment; parenting education, nutrition and cooking education, healthy relationships and trafficking prevention, employment assistance, education advocacy & tutoring, renters rights & responsibilities, mental health and financial literacy are some of the areas that programming was focused on this quarter.	203

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	employment, education, and etc). Residents will participate in at least 2 groups each week.			
<b>Material Support</b>	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Ten clients received assistance obtaining basic need items such as food, formula, diapers, wipes, etc. In addition to providing material support, each client also received referrals to WIC, Women's Care Center, Salvation Army, food shelves, etc.	10
<b>Mental Health</b>	Provide referrals for mental health assessments; provide assistance with any mental health treatment.	5	3 clients received therapeutic services from LICSW that collaborates with program. Clients were provided diagnostic assessments and referrals. Staff support clients treatment plans as they address mental health issues.	3
<b>Nutrition</b>	Provide nutrition education; provide access to fresh produce through garden project; provide food when needed. In addition, cooking, food preservation, and budgeting programming will be provided monthly.	5	Seven clients participated in monthly nutrition education programming. All clients keep food journals and work with staff to create monthly food budgets. In addition, all eligible participants enrolled in the WIC program and work with public health nurse on nutrition recommendations for themselves during pregnancy and their infants.	21
<b>Parenting Education</b>	Provide parenting education classes; provide Circle of Security attachment based parenting groups; provide one to one parenting support; provide assistance in enrolling children in	51	Seven clients received weekly parenting classes. Programming was facilitated by staff from Head Start, ECFE, and one on one mentoring support from program staff. Education focused on child development, Shaken Baby (AHT), stress reduction, child abuse prevention, Circle of Security, and play. All seven clients received assistance enrolling their children in Early Childhood Center and	135

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	Early Childhood Center and Head Start Program.		Head Start Program.	
<b>Pregnancy Testing/ Education</b>	Provide assistance with birth plans; provide assistance with obtaining a Doula and support for taking Birthing Classes through local hospitals; provide pregnancy education; support prenatal health and wellness.	1	This quarter, 3 clients were provided assistance creating birth plans. Pregnant participants were offered and participated in Yoga and meditation groups and worked with Case Manager & Case Manager II to connect with community prenatal doula.	3
<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	7 -8	Provided necessary services and necessary services intake to seventeen women this quarter. Fourteen of the women accepted referrals and assistance to secure pre/post natal support. Women that qualify for the residential program were placed on wait list and receive case management support, advocacy services, and education opportunities.	17
<b>Provide Necessary Services Assessments Only</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make	7 -8	Four women completed necessary services assessments and declined resource referrals or did not qualify of PA funding assistance.	4

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	referrals			

<b>Maternal and Child Health Initiative Task Force Strategies</b>				No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				7
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>				7
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>				7
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>				1
<i>Number of women who received sleep safety education only from a PA funded program activity</i>				10
<b>Transportation</b>	Provide transportation to and from appointments; provide bus passes; provide assistance with obtaining a driver's license	42	Provides 21 clients (both residential & outreach) with transportation assistance to and from medical, education, and county appointments. Transportation assistance was provided in the form of rides to and from appointments by Case Manager & Case Manager II.	145

**Challenges:** Our challenges this quarter were largely administrative; Program Director had to take an emergency medical leave that lasted 6 weeks. This leave delayed the union approval of the job description and the hiring and training of Case Manager II. This doesn't seem like it will be a challenge in the future as we have since hired Case Manager II and she is an excellent fit both with her qualifications and her ability to work with our vulnerable population.

**Comments:**